

# Whole Wheat Rolls or Wheat Bread

**Makes:** 200 Servings

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Ingredients	Weight	Measure
Active dry yeast	5 oz	3/4 cup
Water (110°F)	1 lb	1 pt
Whole wheat flour	7 lb 12 oz	1 3/4 gal 1 1/4 cups
Enriched all-purpose flour	7 lb 4 oz	1 1/2 gal 2 1/3 cups
Instant non-fat dry milk	10 3/4 oz	4 1/2 cups
Salt	3 3/8 oz	1/3 cup
Sugar	2 lb	4 1/2 cups

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>178</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	18 mg
<b>Sodium</b>	<b>202 mg</b>
<b>Total Carbohydrate</b>	<b>31 g</b>
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	31 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

Shortening	1 lb 6 oz	3 cups
Frozen whole eggs or Fresh large eggs	1 lb 14 oz	3 1/2 cups OR 17 each
Water	6-8 lb	3-4 qt

## Directions

1. Dissolve dry yeast in warm water. Let stand 4-5 minutes.
2. Place dry ingredients in mixer.
3. Add shortening. Blend at slow speed.
4. Combine eggs, water, and dissolved yeast with ingredients in mixer.
5. Mix at slow speed until all flour and liquid are combined and the dough begins to form. Turn to medium speed and mix until dough becomes elastic and pulls away from sides of bowl.
6. Cover dough and set in warm place (about 90°F for 45-60 minutes). Let rise to double in size.
7. Punch dough down and allow to rise a second time.
8. Form rolls from dough by pinching off 1 1/2 oz pieces and shaping. Place 6 across and 10 down on 3 1/3 sheet pans (18" x 26" x 1") and proof until double in size.
9. Bake until golden brown: Convection oven: 350°F for 10-15 minutes.

## Notes

Additional Tips

Whole Wheat Bread Sticks 1. Shape into sticks and twist before allowing to rise the second time.

**Source:** Fulton Co, KY